

Lesson 6: Getting to know Lehman wellness resources

Lehman has resources for students to help ensure wellness

Lehman wellness resources:

- Health center
<https://www.lehman.edu/student-health-center/>
- Wellness education and health promotion
<https://www.lehman.edu/wellness-health-education/>
- Basic needs center (for housing, food, healthcare, and more)
<https://www.lehman.edu/student-affairs/basic-needs-center/>
- Academic coaching
<https://www.lehman.edu/academics/instructional-support-services/academic-coaching.php>
- Tutoring and services
<https://www.lehman.edu/academics/instructional-support-services/humanities-tutoring.php>
- Library services
<https://lehman.edu/library/studenthelp.php>
<https://lehman.edu/library/>
- Counseling center
<https://www.lehman.edu/counseling-center/>
- Disability services
<https://www.lehman.edu/student-disability-services/>

Also, don't forget your First year Student Success Specialist (find them in Navigate)